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Checkme TMB-2266

Checkme Bluetooth Blood Pressure Monitor User Manual

Model: TMB-2266 | Brand: Checkme

1. INTRODUCTION

This manual provides essential information for the safe and effective operation of your Checkme Bluetooth Blood Pressure Monitor. This device is designed for home use to measure blood pressure and pulse rate. It features a dual LCD display, Bluetooth connectivity for app integration, and an extra-large cuff for comfortable use. Please read this manual thoroughly before using the device and retain it for future reference.

2. SAFETY INFORMATION

Adherence to the following safety guidelines is crucial for proper device function and user safety:

- Consult your physician before using this device if you have any medical conditions or are on medication.
- This device is intended for home use and is not a substitute for professional medical advice or treatment.
- Do not use this device for self-diagnosis or self-treatment. Always consult a healthcare professional for interpretation of results.
- Ensure the cuff is applied correctly and comfortably to avoid inaccurate readings or discomfort.
- Keep the device out of reach of children and pets.
- Do not modify the device or its components. Any unauthorized modifications may compromise safety and void the warranty.
- Avoid using the device in environments with strong electromagnetic fields, as this may interfere with its operation.

3. PACKAGE CONTENTS

Verify that all items listed below are present in your package:

- Checkme Bluetooth Blood Pressure Monitor
- XL Upper Arm Cuff (fits 8.7–17.7 inches / 22–45 cm)
- Carrying Case
- USB-C Cable
- 4 AA Batteries

What's in the box?



Figure 3.1: All components included in the Checkme Blood Pressure Monitor package.

4. PRODUCT OVERVIEW

4.1 Device Components and Display

Familiarize yourself with the main parts and display indicators of your blood pressure monitor:

Parameter

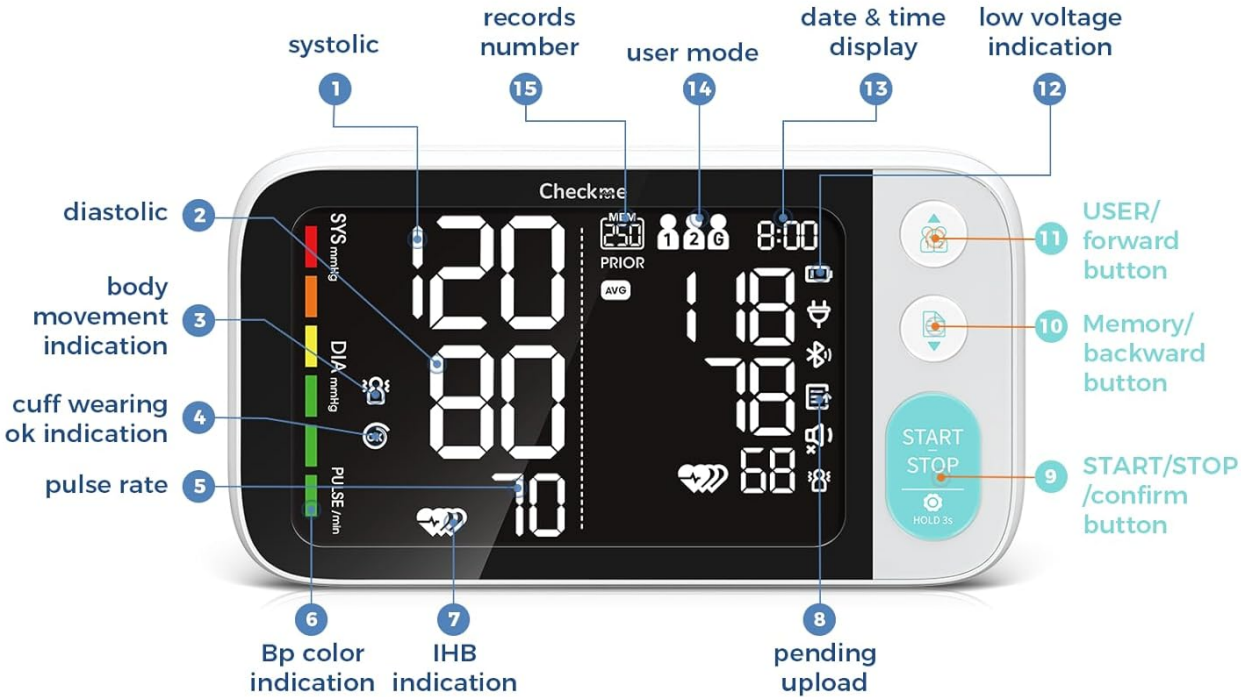


Figure 4.1: Overview of the monitor's display and buttons.

No.	Indicator/Button	Description
1	Systolic (SYS)	Upper blood pressure reading.
2	Diastolic (DIA)	Lower blood pressure reading.
3	Body Movement Indication	Indicates excessive body movement during measurement.
4	Cuff Wearing OK Indication	Confirms correct cuff placement.
5	Pulse Rate	Heart rate in beats per minute.
6	BP Color Indication	Color-coded indicator for blood pressure classification.
7	IHB Indication	Indicates irregular heartbeat.
8	Pending Upload	Indicates data awaiting transfer to the app.
9	START/STOP /Confirm Button	Initiates or stops measurement; confirms selections.
10	Memory / Backward Button	Accesses memory; navigates backward in settings.
11	USER / Forward Button	Selects user profile; navigates forward in settings.
12	Low Voltage Indication	Indicates low battery power.
13	Date & Time Display	Shows current date and time.
14	User Mode	Indicates the active user profile (User 1, User 2, or Guest).
15	Records Number	Displays the number of stored readings.

4.2 Key Features

- **Accurate Monitoring:** Provides blood pressure readings within 30 seconds.
- **Dual LCD Display:** Large 5.5" screen shows current and previous readings for easy comparison.
- **500 Sets Memory:** Stores up to 250 readings per user (two users supported), with a guest mode available. Unlimited readings can be stored in the companion app.
- **Adjustable XL Cuff:** Wide-range D-ring cuff fits adult arm circumferences from 8.7–17.7 inches (22–45 cm).
- **Built-in Bluetooth:** Connects to the ViHealth app (iOS 13.0+, Android 5.0+) for multi-user record management, data review, and report sharing (PDF & CSV).
- **Voice Broadcast:** Announces measurement results for convenience.
- **One-Touch Operation:** Simplifies the measurement process.
- **Cuff Wearing Detection:** Helps ensure proper cuff placement.
- **Body Movement Detection:** Alerts if movement occurs during measurement, which can affect accuracy.
- **Irregular Heartbeat Detection:** Identifies irregular heartbeats during measurement.



Figure 4.2: Visual representation of the monitor's key features.

5. SETUP

5.1 Power Supply

The Checkme Blood Pressure Monitor can be powered by 4 AA batteries (included) or via a USB-C cable (included).

- **Battery Installation:** Open the battery compartment on the back of the device. Insert 4 AA batteries, ensuring correct polarity (+/-). Close the compartment securely.
- **USB-C Power:** Connect the provided USB-C cable to the port on the side of the monitor and to a compatible USB power adapter (not included) or computer USB port.

Two Power Supply Options



Figure 5.1: Powering the device using AA batteries or USB-C cable.

5.2 Setting Date and Time

It is important to set the correct date and time for accurate record-keeping. The device will automatically synchronize date and time with the ViHealth app upon successful connection.

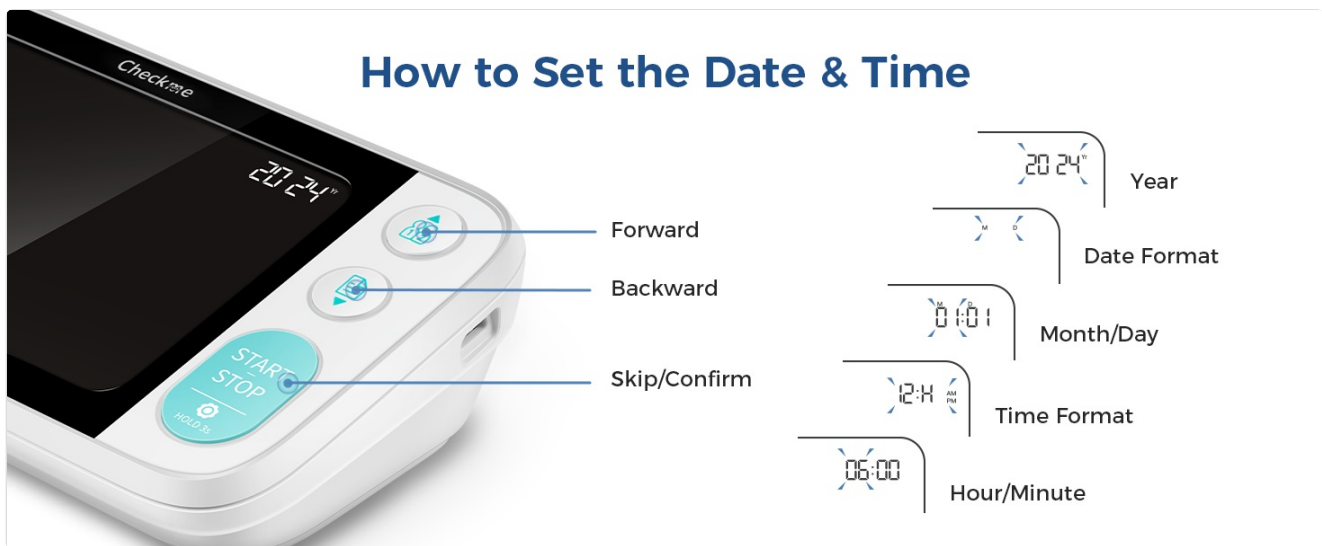


Figure 5.2: Steps to manually set date and time.

To manually set the date and time:

1. With the device off, press and hold the **START/STOP** button for 3 seconds to enter setup mode.
2. The year will begin to flash. Use the **USER/Forward** and **Memory/Backward** buttons to adjust the year. Press **START/STOP** to confirm and move to the next setting.
3. Repeat this process for Date Format (Month/Day or Day/Month), Month, Day, Time Format (12-hour or 24-hour), Hour, and Minute.
4. Once all settings are confirmed, the device will exit setup mode.

6. OPERATING INSTRUCTIONS

6.1 Preparing for Measurement

For accurate readings, follow these guidelines:

- Take the measurement in a quiet room.
- Rest for at least 5 minutes before taking a measurement.
- Wait at least 3 minutes before taking another measurement.
- Remain relaxed and avoid moving or talking during the measurement.
- For consistent comparison, try to measure under similar conditions each time (e.g., same time of day, same arm).
- Avoid consuming tea, coffee, or smoking before measurement.

How to Take Blood Pressure Correctly

- ✓ Take the measurement in a silent room.
- ✓ Rest for 5 minutes before a measurement.
- ✓ Wait at least 3 minutes before another measurement.
- ✓ Be relaxed and do not move and talk.
- ✓ For comparison, try to measure under similar conditions.
- ✓ No tea, coffee, smoking



Figure 6.1: Proper posture and conditions for blood pressure measurement.

6.2 Applying the Cuff

The extra-large cuff is designed to fit arm circumferences from 8.7 to 17.7 inches (22-45 cm).



Suitable for XL Arm Circumference



1

Wrap the cuff around the upper left arm



2

Make sure the cuff is about one finger above the elbow



3

Be able to fit one finger between your arm and the cuff



4

Sit correctly and press the Start button

Figure 6.2: Correct cuff application steps.

1. Wrap the cuff around your bare upper left arm, approximately 2-3 cm (0.8-1.2 inches) above the elbow joint.
2. Ensure the air tube runs down the center of your arm, aligned with your middle finger.
3. The cuff should be snug but not too tight. You should be able to fit one finger between your arm and the cuff.
4. Sit correctly with your back supported and feet flat on the floor. Rest your arm on a table so the cuff is at heart level.

6.3 Taking a Measurement

Once the cuff is correctly applied and you are in the proper position:

1. Press the **START/STOP** button. The cuff will begin to inflate automatically.
2. Remain still and silent during the measurement.
3. Once the measurement is complete, the cuff will deflate, and your systolic, diastolic, and pulse readings will be displayed on the screen and announced via voice broadcast (if enabled).

6.4 Voice Broadcast

The device provides voice broadcast of your measurement results. You can adjust the volume or turn this feature off.

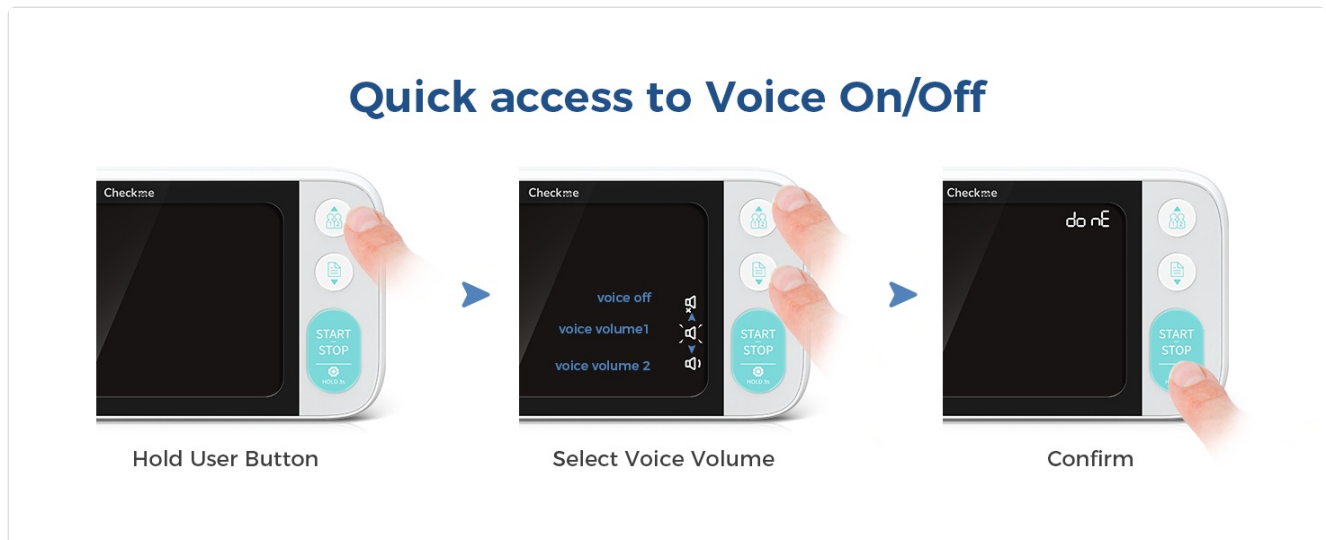


Figure 6.3: Adjusting voice broadcast settings.

To adjust voice settings:

1. Hold the **USER** button for 3 seconds.
2. Use the **USER/Forward** or **Memory/Backward** buttons to select 'voice off', 'voice volume 1', or 'voice volume 2'.
3. Press **START/STOP** to confirm your selection.

6.5 Bluetooth Connectivity and App Usage

The monitor can connect to the ViHealth app on your smartphone (iOS 13.0+, Android 5.0+ with Bluetooth 4.0 or higher) to manage and track your readings.

500 Readings & Track Trends in App

Store up to 250 readings per user; view results and share report in the APP;



Figure 6.4: Bluetooth connectivity and app integration.



Figure 6.5: ViHealth App features for tracking trends and sharing reports.

To connect and use the app:

1. Download the
